

Pranam

Ananda Marga Newsletter for Suva Sector (South Pacific) DEC 2001



News from the Sector



A Chance to Become One with Him!



The Swing Guru



Overseas News



and more!



Ananda Marga (the Path of Bliss) is a spiritual and social movement founded in India in 1955 by Shrii Shrii Anandamurti (P.R. Sarkar). The mission of Ananda Marga is to help individuals achieve self-realisation and to build a social structure in which the physical, mental and spiritual needs of all people can be fulfilled.

Ananda Marga contributes to the process of individual development by providing instruction in meditation, yoga and related practices on a non-commercial basis.

Ananda Marga works for the creation of a better society through social service programs in the fields of education, disaster relief, community development and health.

For more information please check: www.anandamarga.org

Ananda Vanii (New Years Message 2002)

"One need not run about in the world to find Him who is contained within the jewel-case of one's existential feeling. One can easily attain Him if only one searches within."

"To forget the brightest jewel of the inner world and then vainly search for the source of light in the outer world is indeed a waste of time! Shiva says, why should people waste their time in this way? Why should people throw the food from their hands and then beg for alms from door to door? His advice is: proceed towards the inner world.. deeper..still deeper..and still deeper.

Shrii shrii Annandamurti

(Namah Shiva'ya Sha'nta'ya, 3rd Edition, Pg 245)

Sectorial News

(Highlights from the second half of 2001)

AUSTRALIA

Cairns

The first Yogafest (introductory level retreat) was successfully conducted in this area of North Queensland.

Maleny & Sunshine Coast

Dada Ratnadevananda was invited to present a seminar to members of the Maroochydore Council (local government) as part of a series being presented by brother Subodh.

102 students now attend the Ananda Marga River School (KG and primary combined).

The River School received a grant from the local credit union to plant trees bearing edible fruits. The planting ceremony was featured on (TV) Channel 7's local news.

Didi Ananda Pravada relocated AnandaMadhuri MU five minutes out of Gympie. She now has a thriving vegetable and fruit garden, as well as regular yoga and cooking classes.

Brisbane

120 graduate students registered for Yoga classes at Queensland University of Technology. Didi Ananda Bhaktidhara was teaching 3 or 4 classes a week.

Didi and Subodh were speakers at the BBC's Festival of Ideas held at the Powerhouse Museum in Brisbane.

Classes started at the Dada's jagrti after our new SES Dada Shuddhacittananda converted the cellar from storage into a class and meeting room. Dada also gave classes at the Wacol Corrective Centre.

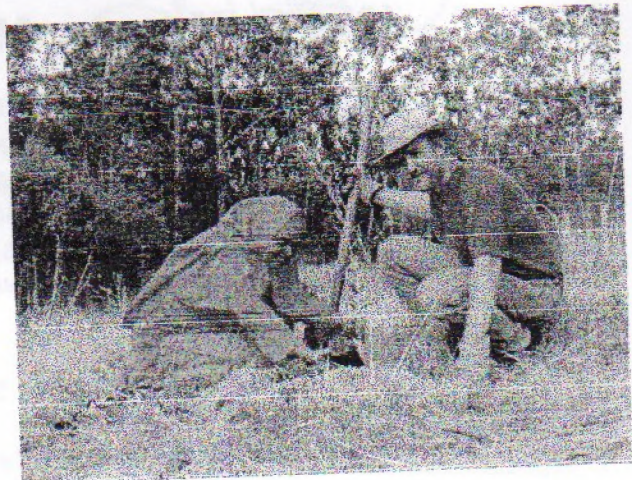
Didi Ananda Prajina Paramita continues to visit the eldery.

Ananda Palli

Farm work continues with plantings of biodynamic snow peas, tomatos and zuchinii . The A Frame has been renovated and now includes its own toilet and shower. Satyam has been reactivated and is helping Dada Mantracetananda will all works.

Our new trainer, Dada Amalvikashananda, arrived and three brother from Wellington (Asiim, Jyotiish & Vimal) are taking training.

Manorainjana arranged the planting of dozens of olive trees in memory of Jayantii. Many Dadas



Conference; a video was made on Yoga for Young Children.

Didis Ananda Sunitii and Ananda Jyotirmayii give weekly yoga and meditation classes at their jagrtis.

A Prout study circle is developing proposals based on applying Prout's principles and policies to current situations and issues in Australia.

Adelaide

Classes are being conducted at the jagrti and local community centres by Dadas Nitiishananda and Cetanananda.

Hobart

Didi Ananda Laghima started a class at the womens' Prison and visits to an old people's home. Didi and Dada Shamitananda conducted cooking and classes. Our classes at local TAFE colleges run by Didi, Dada and Liila have become very popular.

Dada Shamitananda, Liila, Ramakrsna and other margiis participated in a rally to save the local forests.

Perth

The first Yogafest was organised by Didi Ananda Samsthita with help from Kalyani and Nikhil. 12 adults and 7 children participated. Didi and Dadas Cetananda, Prajinabodhananda and Pramananda gave classes and sister Tanmayii did childcare.

As a result the unit is growing again and Dharmacakra has been held regularly.

Dada Prajinabodhananda relocated the Ananda Pathik master unit to a 5 acre plot of land in Toodyay about 1 hour from the city.

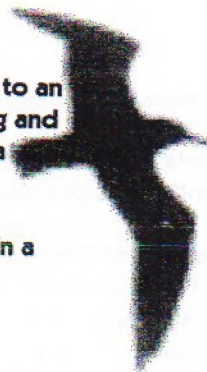
NEW ZEALAND

The Club of Budapest founded by Prof. Erin Lazlo has an orientation similar to Neo-Humanism and Prout. Earlier this year they sponsored Ananda Marga to organise the "Planetary Visions Festival" in Nelson. Hari Deva organized and Dada Sarvabodhananda along with local margiis attended. A video was made. Didi Amita established a new WWD jagrti in Dunedin

The Secretary of the New Millennium Party attended seminar on Prout in Wellington, New Zealand conducted by Dada Jitendrananda and Hari Deva.

Yogafests were conducted in Palmerston North and Wellington for the first time as well as in Auckland, Dunedin and Nelson. LFT Nityesh conducted a snow boarding retreat in Christchurch!

Nitya continues to develop the Waipori Falls retreat centre outside of Dunedin. We will soon apply for a license as a Bed and Breakfast. The centre held a one month Yoga School with daily classes conducted by Dada Shamitananda.



and Didis and Gurucharan participated in the simple ceremony from Caryacarya followed by planting.

Lismore

Plans have been made and preliminary steps taken to construct a jagrti at the Ananda Rainjana master unit.

Nymboida

A new Ananda Marga unit was registered in Nymboida. Viniita, Tana, Jessie and friends organised a vegetarian dinner fundraiser for AMURT/EL work in Congo.

Sydney

30 people attended a Winter Solstice cultural (RAWA) program organized by Devakanta. The program included bhajans and a vegetarian dinner.

'The Wisdom of Tantra' was the title of a public program held during the visit of Dadaji Devashraddhananda in July. The program, included devotional songs by Dada Pramananda, a slide show, vegetarian dinner and Dadaji's talk.

Didi Ananda Surabhi has been settling in to the area making contacts and plans for the future.

Katoomba

Our monthly free meal at the Neighbourhood Centre continues with approximately 40 people attending.

Workshops on Practical Spirituality as well as Yogafests continue to be held.

Canberra

Dadas Ashiishananda, Sarvabodhananda, Didi Ananda Shamita and sister Jyoti conducted a radio interview & one-day seminar in Canberra. Didi made contacts with Aboriginal activists at the long established Tent Embassy.

Melbourne

AMURT's computer literacy project for PNG gathers ever increasing support. More than 20 local companies have contributed, converting a shipping container into a computer training classroom. Upon completion the classroom will be shipped to and then stationed at a high school in Port Moresby.

A graduated pracar system is now in place with beginners and intermediate levels leading into new peoples' group meditation, class members are actively assisting the computer literacy project for PNG.

The meditation room at the jagrti has become too small and the unit is thinking to renovate the garage into a hall.

28 students are enrolled in WWD's Sunrise Pre-school in Melbourne; school staff conducted a 'meditation for children' workshop at a Childcare

PAPUA NEW GUINEA

Activities in Port Moresby intensified with the visit of Didi Ananda Shamita, Dada Sarvabodhananda and sister Sukalpa. The first Yogafest was held; a stall was arranged at the National Health Expo; one newspaper article and one magazine article were published, a baby naming ceremony was conducted, a seminar on globalisation at the University was held, 9 sisters were initiated.

A block of land was donated for a Kindergarten and the Chinese Embassy donated nearly 44,000 Kina (more than A\$35,000) towards building materials for the project.

WEST PAPUA/IRIAN JAYA

Activities in Port Moresby intensified when Didi Ananda Shamita, Dada Sarvabodhananda and sister Sukalpa visited Dada Mitrananda and the margiis there. The first Yogafest was held; a stall was arranged at the National Health Expo; one newspaper article and one magazine article were published, a baby naming ceremony was conducted, a seminar on globalisation at the University was held, 9 sisters were initiated.

FIJI

Dada Uttirnananda arrived in October. He has been touring and giving classes, lectures and seminars in Suva and elsewhere.

GUAM

Dada Vijinanesananda has been teaching in the prison and networking with the community welfare sector. Our Sunrise Preschool keeps Didi Ananda Aparna busy day and night.

COOK ISLANDS

Dada Sarvabodhananda and Didi Anand Laghima visited Rorotonga, capital of the Cook Islands - the first Acaryas to do so in more than 10 years. Dada gave newspaper, TV and radio interviews. 45 people attended an introductory seminar and 5 follow on classes were conducted. 12 women and 5 men were initiated including the manager of a local radio station.

Welcome! to our new Acaryas; Dada's Akhandananda, Anelavikeshanda, Adweshanda; and Didi's Ananda Sam'santa & Ananda Surabhi & Ananda Ashesa.

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Berlin Sector News

(Western Europe)

A regional seminar was held in November, attended by 25 Margiis. The Steiner School in Den Bosch invited Didi Asiima to talk to their students on Sanskrit and meditation. Didi taught them bhajans, baba nam kevalam and meditation. The school in Den Bosch had an open day with 40 people attending.

Berlin Region:

Ac. Rudrananathananda gave a lecture in Munster about the collapsing US economy and about PROUT. He had 2 initiations resulting from a meditation course in Munster.

RS Dada Nirainjan toured middle and south Germany, visiting Margiis in Heidelberg, Stuttgart, Goppingen, Ulm and Munich. Meetings and Dharmacakras were conducted.

Regional Office was set up in the Berlin jagrti. A computer was donated and internet access installed.

Local Margii groups, in coordination with RS, conducted 1 sadhana shivir, Prabhat Sangiit day celebration, Mahaprayan observance, 3 akhanda kiirtans, 7 spiritual evenings and 8 Dharmacakras.

From 1 to 12 October RS conducted a 'practical pracar course' in RO. 3 LFTs and one Margii learned about conducting lectures, workshops, outings, preparing pracar materials, how to conduct courses, etc.

LFT Giridhara, posted in Mainz, organized the Mahaprayan retreat in Madhu Karun and is very active with office work in Mainz.

LFT Yuktatman is posted OS Berlin-Region. He is active in pracar, translations and tattva sabha.

RS Dada Nirainjan started social service by tending to a 19 year old brother suffering from Multiple Sclerosis [MS]. Dada has contacted other social organizations to see ways of collaborating, such as offering meditation courses to vulnerable groups

SS Ac. Dhyanesananda visited Berlin for 4 days, meeting many Margiis and giving several lectures.

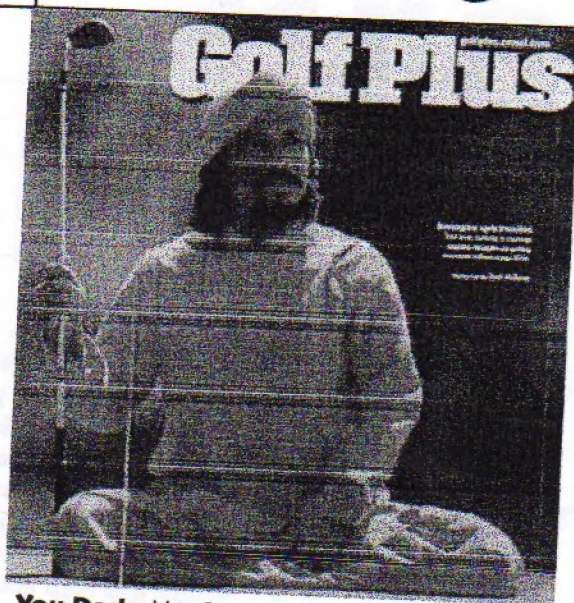
A children's DC was started in Berlin. RS has started pracar at the Free University in Berlin.

Didi Ananda Mainjira initiated 12 sisters in Germany and Poland.

LFT Mukunda is renovating the internet café in Madhu Karun. He set up the Berlin Sector internet newsgroup and organized 2 seminars at Madhu Karun.

From Sports Illustrated May 8, 2000

New Swing Guru



You Dada Man!

His name is Dada. He wears a flowing orange robe, and his long, black hair and wispy Fu Manchu mustache set off the beatific expression on his face. From his delicate 5'4", 140-pound frame comes a soft voice serenely imploring his listener to "surrender to the supreme." He also gives his four-iron a good belt.

No, Dada isn't a character in an upcoming sequel to *Caddyshack*. He is the latest, most improbable -- but perhaps most authentic -- guru in pro golf. His students include Doug Dunakey, Catrin Nilsmark and Jesper Parnevik. "I help golfers become better players by becoming better people," says Dada.

A 41-year-old monk from Iloilo, a city of 310,000 in the central Philippines, Dada Atmacedanananda describes himself as an "elder brother" in Ananda Marga, a non-denominational organization that promotes yoga, meditation and good works. Before his current assignment -- disaster relief for hurricane victims in the Carolinas, Georgia and Florida -- Dada spent nine years establishing orphanages and clinics for children in Romania during the regime of communist dictator Nicolae Ceausescu.

Four years ago Dada was approached by officials from the Swedish Sports Federation,

who were interested in enhancing athletic performance through yoga and meditation. After Dada worked with badminton players and wrestlers, Swedish golf officials sought him out. Last year Parnevik invited Dada to spend several days at his home in Jupiter, Fla.

Dada does not seek remuneration for his counsel but will accept contributions to his organization. Along with his donation Parnevik showed Dada how to hit a ball for the first time and kicked in eight MacGregor VIP irons. ("The kind Jack Nicklaus used," Dada says proudly.) Dada has played or practiced a half-dozen times, and he intends to find a place to hit balls on the farm he lives on in Marshall, N.C., with 35 other members of Ananda Marga.

Two weeks ago Dada attended his first tournament, the Greater Greensboro Chrysler Classic. "I studied the people who were walking, and they studied me," he says, laughing. "The pros put too much pressure on themselves. It creates a mental imbalance. The key is to surrender to the supreme being."

Coming into the tournament, Dunakey had missed the cut in all five Tour events he had played and become chronically negative, but 15 minutes with Dada did wonders. Dunakey tied for fifth and won \$109,500. "I figured, What have I got to lose?" Dunakey says. "There's no doubt that Dada helped me. He pointed out how much I was relating my performance to money and how, instead of feeling sorry for myself, I should realize how lucky I am. He gave me breathing exercises and told me to stay in touch. I intend to."

Dada is planning a trip to the U.S. Open at Pebble Beach, where he expects to have more contact with the pros. "Because of my time with Doug," says Dada, "the other caddies are telling their players about me."

So he's got that going for him. Which is nice.

THE CHANCE TO BE ONE WITH HIM

(official source: A'nanda Vacana'mrtam Part 12 - this is part of the artifice.)

by Shrii Shrii Ananda Murti

Your mind wants to be one-pointed. So your mind must be in the form--in the state--of composure while doing your Sa'dhana', and in order to bring the mind to a state of composure you are to do--what?

You are to do Kiirtana. During Kiirtana what happens? The mind gets lifted, exalted, and as a result you will enjoy a particular nature of peace. And if you start your Sa'dhana' just after doing Kiirtana, you will enjoy bliss. So Kiirtana is a necessity, is an indispensable necessity for proper Sa'dhana'.

And what is Kiirtana? You are teaching your mind, you are teaching your ear, what you are saying with your vocal chord. What is that? To take only His name, and not so many names--London, Liverpool, Birmingham, Santiago. And there lies the speciality of Sa'dhana'. What is the meaning of Kiirtana? 'Ba'ba' Na'ma Kevalam'. 'Ba'ba' means 'the Dearest One'. Only the name of the Dearest One, only the name of Parama Purus'a, and not so many names--Helsinki or London or Santiago or Georgetown.

Now Parama Purus'a lies covert within your very 'I' feeling. There is 'I' feeling in each and every living being. 'I am.' 'I exist.' This type of 'I' feeling is present in each and every living entity.

And He is the central point of that 'I' feeling of each and every entity. He is the purest 'I' of your 'I' feeling. He is your great 'I', and Mr. X-y-z-a-b-c is your small 'I'. While you are doing Sa'dhana' on the Supreme Entity you are doing Sa'dhana' on your great 'I'. And the greatest 'I' is Ba'ba'. Ba'ba' means the Dearest One.

Now, you see that many people are under the impression that there is a Satan. No, there is no Satan. The Singular Entity, Parama Purus'a, plays with the universe with the help of His two forces, we may say two cardinal forces or two vital forces, and they are the demi-causal matrix. These two forces are the demi-causal matrix, and one force, the centripetal one, is known as

'Vidya', and the centrifugal one is known as 'Avidya'. This Avidya' is Satan. Satan is not an independent entity, and it can never challenge the authority of Parama Purus'a. You take shelter, you try to ensconce yourself within the Supreme Entity; there will be no Satan before you; no Satan can challenge your authority. No Satan can challenge the authority of a devotee. Parama Purus'a, the Supreme Entity within you, will always help you, He will always help you. It is His duty to help you. So you are never alone, you are never helpless. And you are always with the Supreme Entity. You are the strongest personality of the entire universe. Don't be affected, don't be assaulted, by any complex--inferiority, superiority, defeatist, or any complex. You hail from the noblest family of the universe. Parama Purus'a is your Father.

... Are you sinners? Certainly not. You have the shelter of Parama Purus'a. Your past sins within you are now dead and gone.

27 May 1979 evening, Stockholm

